



Winter 2017 SWIMMING LESSONS

January 3-March 26

Registration Begins:

Tuesday, December 6, at Noon

Online:	seattle.gov/parks
In Person:	8825 Rainier Ave S
By Phone:	206.386.1925

PARENT & CHILD AQUATICS

Ages: 6 months - 4 years

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

THREE-YEAR-OLD LESSONS

Age: 3

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

BEGINNING SWIMMER LESSONS

Ages: 6 - 16

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

ADVANCED SWIMMER LESSONS

Ages: 6 - 16

Prerequisite: Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

ADULT LESSONS

Ages 16 and up

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

CLOSURES:

- Monday, January 2, for New Year's Day
- Monday, January 16, for MLK Day
- Monday, February 20 for President's Day

REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Times	Dates	# Classes	Cost	Barcode
Parent and Child Aquatics 6 months- 4 years	Monday	10:00-10:30 AM	1/9-3/20	9	\$67.50	157975
		5:30-6:00 PM	1/9-3/20	9	\$67.50	157976
	Tuesday	10:00-10:30 AM	1/3-3/21	12	\$90.00	157981
		6:00-6:30 PM	1/3-3/21	12	\$90.00	157982
	Wednesday	10:30-11:00 AM	1/4-3/22	12	\$90.00	157983
		5:30-6:00 PM	1/4-3/22	12	\$90.00	157984
	Thursday	10:00-10:30 AM	1/5-3/23	12	\$90.00	157979
		6:00-6:30 PM	1/5-3/23	12	\$90.00	157980
	Friday	10:00-10:30 AM	1/6-3/24	12	\$90.00	157973
		5:30-6:00 PM	1/6-3/24	12	\$90.00	157974
3 Year Olds	Monday	10:00-10:30 AM	1/9-3/20	9	\$117.00	157998
		5:00-5:30 PM	1/9-3/20	9	\$117.00	157999
		5:30-6:00 PM	1/9-3/20	9	\$117.00	158000
	Tuesday	10:00-10:30 AM	1/3-3/21	12	\$156.00	158008
		10:30-11:00 AM	1/3-3/21	12	\$156.00	158009
		4:30-5:00 PM	1/3-3/21	12	\$156.00	158010
		6:00-6:30 PM	1/3-3/21	12	\$156.00	158011
	Wednesday	10:30-11:00 AM	1/4-3/22	12	\$156.00	158013
		5:00-5:30 PM	1/4-3/22	12	\$156.00	158014
		5:30-6:00 PM	1/4-3/22	12	\$156.00	158015
	Thursday	10:00-10:30 AM	1/5-3/23	12	\$156.00	158005
		4:30-5:00 PM	1/5-3/23	12	\$156.00	158006
		6:00-6:30 PM	1/5-3/23	12	\$156.00	158007
	Friday	10:00-10:30 AM	1/6-3/24	12	\$156.00	157995
		10:30-11:00 AM	1/6-3/24	12	\$156.00	157996
		5:00-5:30 PM	1/6-3/24	12	\$156.00	157997
	Saturday	9:00-9:30 AM	1/7-3/25	12	\$156.00	158001
		9:30-10:00 AM	1/7-3/25	12	\$156.00	158002
		2:45-3:15 PM	1/7-3/25	12	\$156.00	158003
	Sunday	10:00-10:30 AM	1/8-3/26	12	\$156.00	158004
Kinder 4 and 5 Years Old	Monday	10:30-11:00 AM	1/9-3/20	9	\$81.00	157958
		4:30-5:00 PM	1/9-3/20	9	\$81.00	157959
		6:00-6:30 PM	1/9-3/20	9	\$81.00	158682
	Tuesday	10:30-11:00 AM	1/3-3/21	12	\$108.00	157966
		5:00-5:30 PM	1/3-3/21	12	\$108.00	157967
	Wednesday	10:00-10:30 AM	1/4-3/22	12	\$108.00	157968
		4:30-5:00 PM	1/4-3/22	12	\$108.00	157969
		6:00-6:30 PM	1/4-3/22	12	\$108.00	157970
	Thursday	10:30-11:00 AM	1/5-3/23	12	\$108.00	157964
		5:00-5:30 PM	1/5-3/23	12	\$108.00	157965
	Friday	10:30-11:00 AM	1/6-3/24	12	\$108.00	157955
		4:30-5:00 PM	1/6-3/24	12	\$108.00	157956
		6:00-6:30 PM	1/6-3/24	12	\$108.00	157957
	Saturday	9:00-9:30 AM	1/7-3/25	12	\$108.00	157962
		10:00-10:30 AM	1/7-3/25	12	\$108.00	157960
		2:45-3:15 PM	1/7-3/25	12	\$108.00	157961
	Sunday	10:30-11:00 AM	1/8-3/26	12	\$108.00	157963

Class	Days	Times	Dates	# Classes	Cost	Barcode
Family Lesson 4-8 Years Old	Saturday	9:00-9:30 AM	1/7-3/25	12	\$90.00	158580
Beginning Swimmer 6-16 Years Old	Monday	6:30-7:00 PM	1/9-3/20	9	\$67.50	157943
	Tuesday	5:30-6:00 PM	1/3-3/21	12	\$90.00	157952
		6:30-7:00 PM	1/3-3/21	12	\$90.00	157953
	Wednesday	6:30-7:00 PM	1/4-3/22	12	\$90.00	157954
	Thursday	5:30-6:00 PM	1/5-3/23	12	\$90.00	157950
		6:30-7:00 PM	1/5-3/23	12	\$90.00	157951
	Saturday	10:30-11:00 AM	1/7-3/25	12	\$90.00	157944
		11:30AM-12:00PM	1/7-3/25	12	\$90.00	157945
		2:45-3:15 PM	1/7-3/25	12	\$90.00	157946
	Sunday	10:00-10:30 AM	1/8-3/26	12	\$90.00	157947
		11:00-11:30 AM	1/8-3/26	12	\$90.00	157948
		11:30-12:00 PM	1/8-3/26	12	\$90.00	157949
Advanced Swimmer 6-16 Years Old	Monday	5:30-6:00 PM	1/9-3/20	9	\$67.50	157937
	Tuesday	6:00-6:30 PM	1/3-3/21	12	\$90.00	157941
	Wednesday	5:30-6:00 PM	1/4-3/22	12	\$90.00	157942
	Thursday	6:00-6:30 PM	1/7-3/17	12	\$90.00	158569
	Friday	6:00-6:30 PM	1/6-3/24	12	\$90.00	157936
	Saturday	11:00-11:30 AM	1/7-3/25	12	\$90.00	157938
		2:45-3:15 PM	1/7-3/25	12	\$90.00	157939
	Sunday	10:30-11:00 AM	1/8-3/26	12	\$90.00	157940
Pre-Competition 6-17 Years Old	Friday	6:00-7:00 PM	1/6-3/24	12	\$180.00	157985
Special Population 6-17 Years Old	Monday	4:00-4:30 PM	1/9-3/20	9	\$67.50	157988
	Tuesday	4:00-4:30 PM	1/3-3/21	12	\$90.00	157992
		5:30-6:00 PM	1/3-3/21	12	\$90.00	157993
	Wednesday	4:00-4:30 PM	1/4-3/22	12	\$90.00	157994
	Thursday	4:00-4:30 PM	1/5-3/23	12	\$90.00	157989
		5:30-6:00 PM	1/5-3/23	12	\$90.00	157990
		6:00-6:30 PM	1/5-3/23	12	\$90.00	157991
	Friday	4:00- 4:30 PM	1/6-3/24	12	\$90.00	157986
		5:30-6:00 PM	1/6-3/24	12	\$90.00	157987
Beginning and Intermediate Adult 16 Yrs. Old & up	Monday	11:30-12:00 AM	1/9-3/20	9	\$67.50	157928
		6:00-6:30 PM	1/9-3/20	9	\$67.50	157929
	Wednesday	11:30AM-12:00PM	1/4-3/22	12	\$90.00	157932
		6:00-6:30 PM	1/4-3/22	12	\$90.00	157933
	Thursday	11:30-12:00 AM	1/5-3/23	12	\$90.00	157407
	Saturday	11:00-11:30 AM	1/7-3/25	12	\$90.00	157930
	Sunday	11:30AM-12:00PM	1/8-3/26	12	\$90.00	157931
Adult Stroke Development	Tues- Int	8:00-8:45 PM	1/3-3/21	12	\$135.00	157934
	Thurs- Adv	8:00-8:45 PM	1/5-3/23	12	\$135.00	157935
Senior Lessons 50 Years Old and Up	Tuesday	11:30AM-12:00PM	1/3-3/21	12	\$90.00	158579

Women of the World Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment.

Class	Days	Times	Dates	# Classes	Cost	Barcode
TOTS Children aged 6 months- 3 years	Sunday	5:30-6:00 PM	1/8-3/26	12	\$90.00	158019
Kinder Girls aged 4-5 Years Old	Sunday	6:00-6:30 PM	1/8-3/26	12	\$108.00	158018
Beginning Swimmer Ladies aged 6-16 Years Old	Sunday	5:30-6:00 PM	1/8-3/26	12	\$90.00	158017
Women & Teens Ladies 12 Years Old & up	Sunday	6:00-6:30 PM	1/8-3/26	12	\$90.00	158016

During these programs the windows to the pool are covered for privacy and only female instructors are employed for privacy .



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's



Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.

Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Lesson Tip of the Quarter **Contaminations**

Contaminations may happen at any time. Whether it is in the beginning of the lesson or towards the end, in the previous lesson block or with another class in the same pool; the law requires every pool to take actions.

“Prevention is better than cure”
-Erasmus

Having a class cancelled is a lot more inconvenient to students, parents and staff alike than having a smoothly going class. In line with this, we would like to ask for your help in preventing the occurrences of contaminations.

Tip # 1: Swim Diapers

Children under 4 years old are required to wear swim diapers, however older children who are not yet potty-trained are recommended to use them. Swim diapers can be purchased at the front desk.

Tip # 2: Bathroom Use

Showering and using the bathroom before classes can help keep the pool chemistry good for public use. Taking the easy step of using the toilet before class lessens the possibility to disrupt the class for bathroom breaks and contaminations.

Tip # 3: Avoid Eating Before Lessons

Vomiting while swimming is a common occurrence, especially after swallowing too much water. The possibility for swim lesson participants to vomit even increases with a full stomach. Make sure that you allow ample time between eating and swimming.

These are quick and easy ways to help you, other patrons and the staff to prevent contaminations. We are excited to have you here at Rainier Beach Pool and Community Center.

Happy Swimming!

Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.